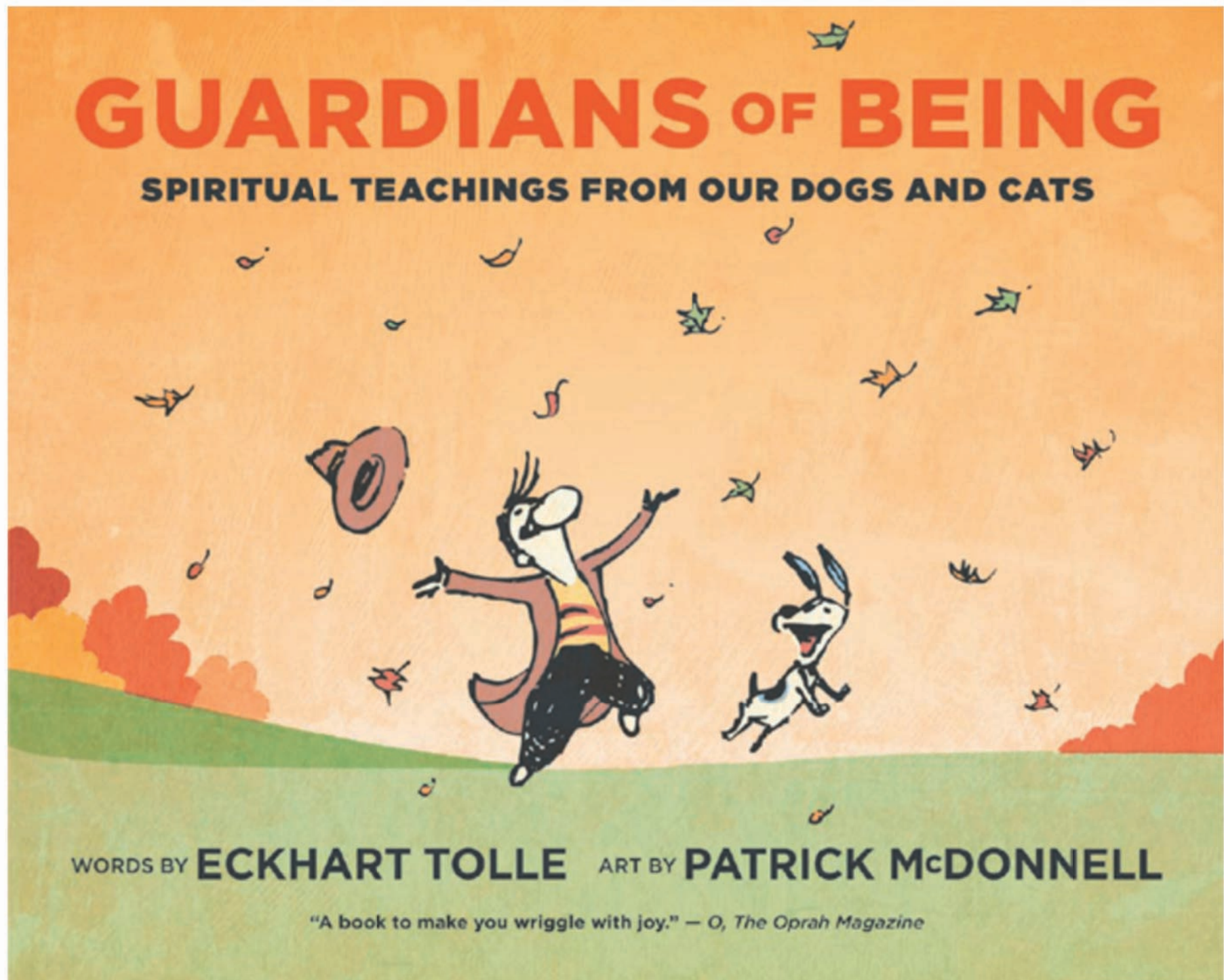


GUARDIANS OF BEING

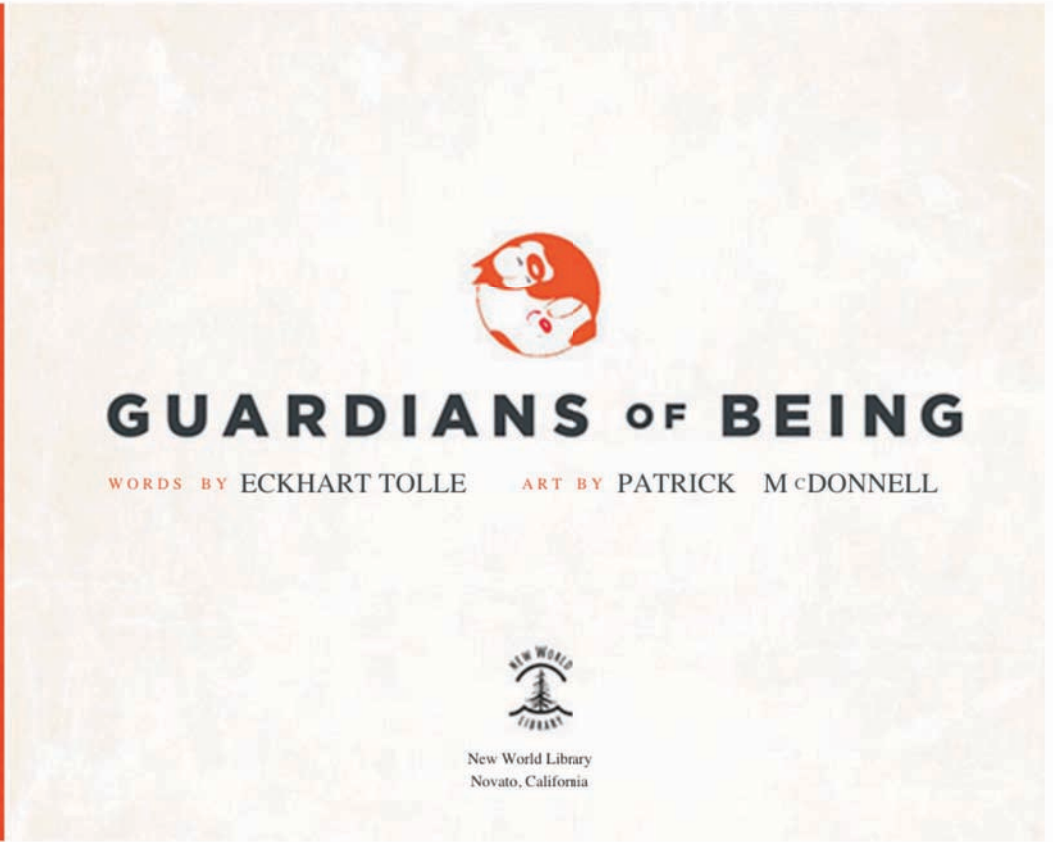
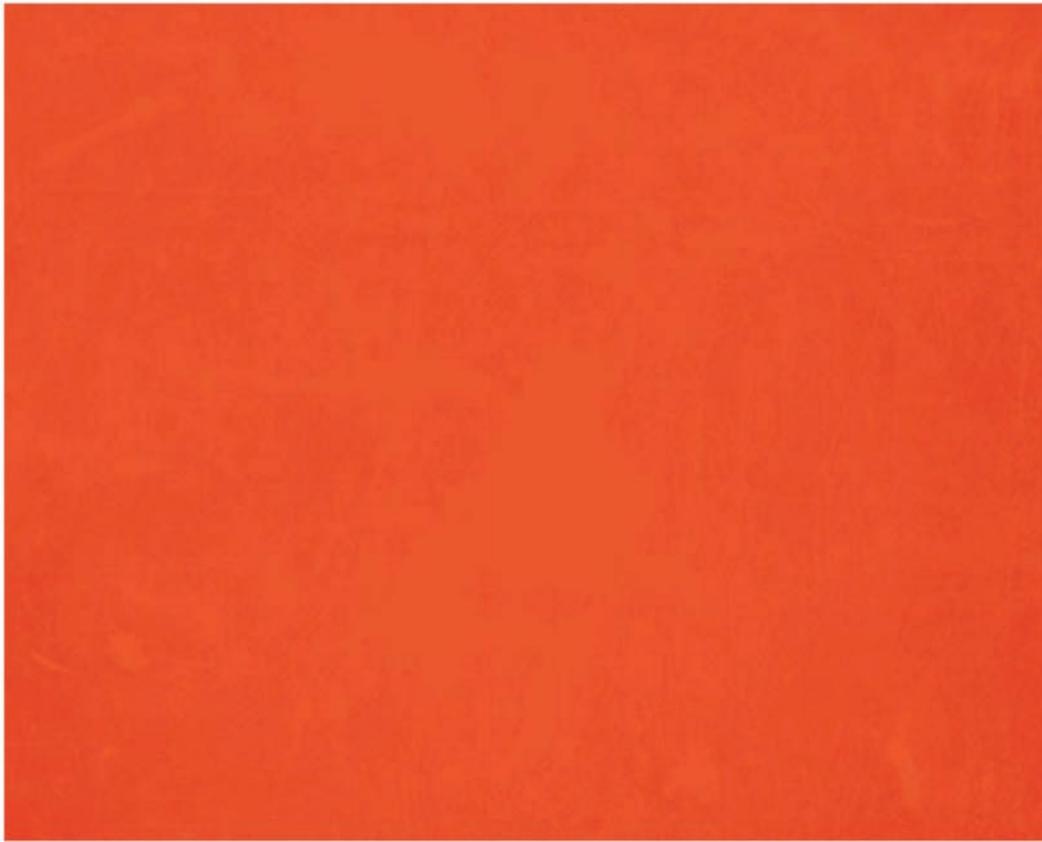
SPIRITUAL TEACHINGS FROM OUR DOGS AND CATS

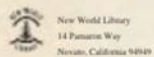


WORDS BY **ECKHART TOLLE** ART BY **PATRICK McDONNELL**

"A book to make you wriggle with joy." — O, The Oprah Magazine







New World Library
14 Panama Way
Novato, California 94949

Words © 2009 Eckhart Tolle, Eckhart Teachings, Inc. All rights reserved.
MUTTS cartoons © 2009 Patrick McDonnell. All rights reserved.
MUTTS is distributed by King Features Syndicate, Inc.

All rights reserved. This book may not be reproduced in whole or in part, stored in a retrieval system,
or transmitted in any form or by any means — electronic, mechanical, or other — without written permission
from the publisher, except by a reviewer, who may quote brief passages in a review.

Book design by Jeff Scholz / Command Z Design

Library of Congress Cataloging-in-Publication Data

Tolle, Eckhart.
Quantum of being / words by Eckhart Tolle ; art by Patrick McDonnell.
p. cm.
ISBN 978-1-57731-671-8 (hardcover : alk. paper)
1. Spiritual life. 2. Comic books, strips, etc. I. McDonnell, Patrick, 1956-. II. Title.
BLA24.T833 2009
204 A—dc22 2009020388

First printing, August 2009

ISBN 978-1-57731-671-8

Printed in Canada on 100% postconsumer-waste recycled paper



New World Library is a proud member of the Green Press Initiative.



Mixed Sources
www.fsc.org



10 9 8 7 6 5 4 3 2 1





True **happiness** is found in simple,
seemingly unremarkable things.

12

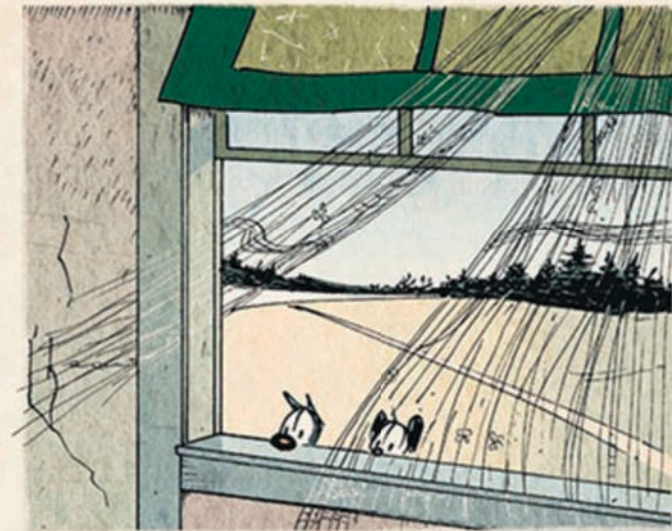


But to be aware of little, quiet things,
you need to be quiet inside.

A high degree of alertness is required.

Be still. Look. Listen.

Be present.



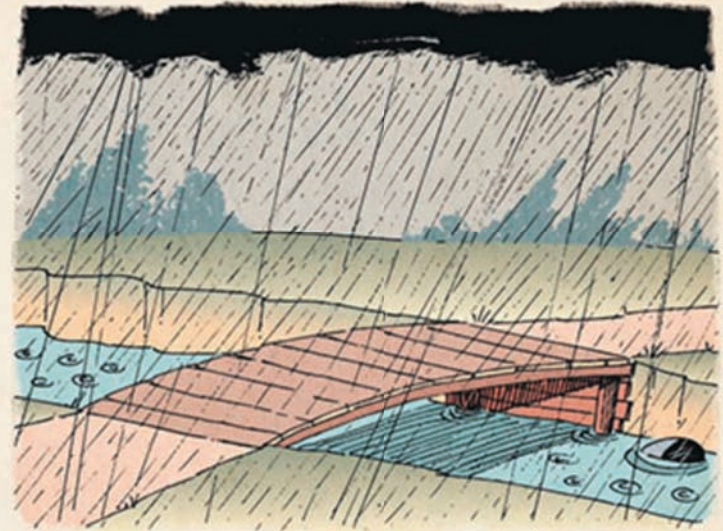
Bring **awareness** to the many subtle sounds of nature —



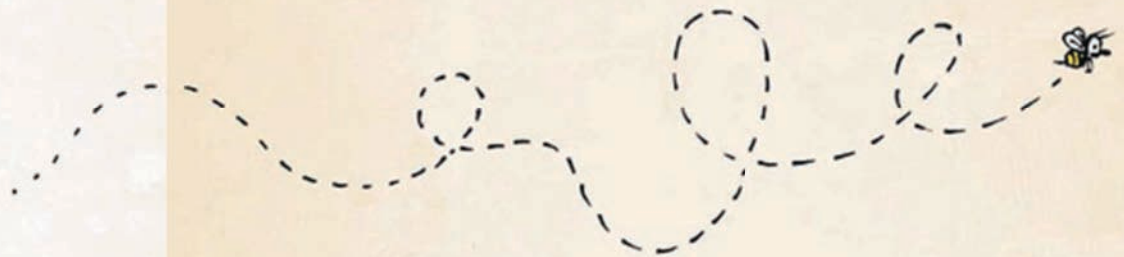
<

the rustling of leaves in the wind,

raindrops falling,



the humming of an insect,



the first birdsong at dawn.



Give yourself completely
to the act of listening.

Beyond the sounds
there is something greater:
a sacredness that cannot be
understood through thought.

26



Look at a tree, a flower, a plant.

Let your awareness rest upon it.

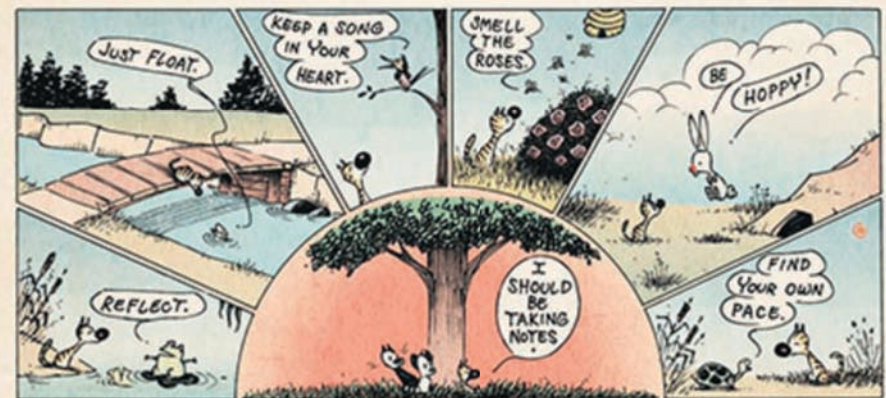
How still it is, how deeply rooted in Being.

Allow nature to teach you stillness.

28



Everything natural — every flower, tree,
and animal — has important
lessons to teach us if we would only
stop, look, and listen.



Just watching an animal closely can take you out of
your mind and bring you into the present moment,
which is where the animal lives all the time —
surrendered to life.

32



It's so wonderful to watch an animal,
because an animal has no opinion about itself.

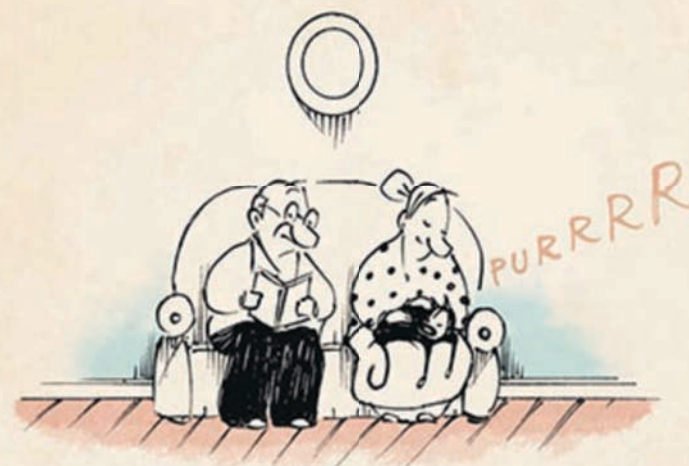
It is.



That's why the dog is so joyful



and why the cat purrs.



When you pet a dog or listen to a cat purring,
thinking may subside for a moment and
a space of stillness
arises within you, a doorway into Being.





The vital function that pets fulfill in this world hasn't been fully recognized.

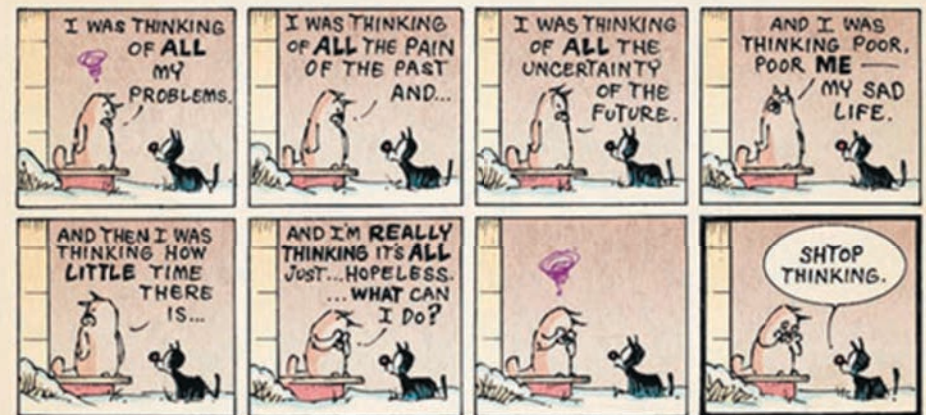
They keep millions
of people sane.



They have become **Guardians of Being.**



Most of us live in a world of
mental abstraction, conceptualization,
and image making — a world of thought.
We are immersed in a continuous stream
of mental noise. It seems that we can't
stop thinking.



Just as the dog
loves to chew bones,
the human mind
loves its problems.



We get lost in doing, thinking, remembering, anticipating —
lost in a maze of complexity and a world of problems.

Nature can show us the way home,
the way out of the prison of our own minds.

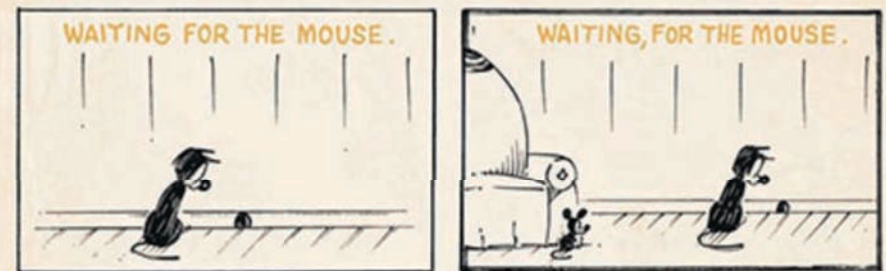


Close your eyes and say to yourself:

“I wonder what my next thought is going to be.”

Then become as alert as a cat watching a mouse hole.

You may find that, as long as you are absolutely alert,
the next thought does not arise. . . .





I have lived
with many
Zen masters,
all of them cats.



Millions of people who otherwise would be completely lost in their minds and in endless past and future concerns are taken back by their dog or cat into the present moment, again and again, and reminded of the joy of Being.



We have forgotten what rocks, plants, and
animals still know. We have forgotten how to be —
to be still, to be ourselves, to be where life is:

Here and Now.



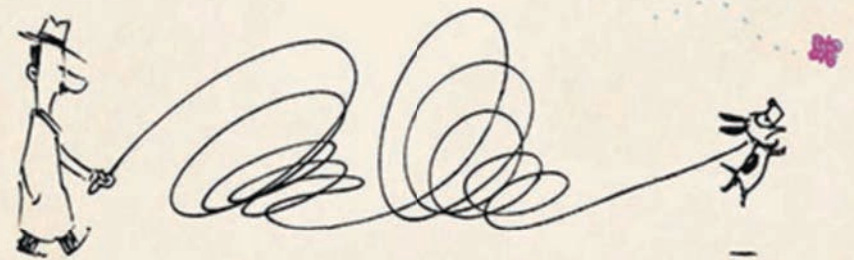
The dog is **in the Now**
so it can teach you or remind you.



Be alert as you watch a dog at play or at rest.

Let the animal teach you to feel at home in the Now, to

celebrate life by being
completely present.



The dog is still in the natural state. And you can easily see that, because **you have problems and your dog doesn't**. And while your happy moments may be rare, your dog celebrates life continuously.



You just watch the tail . . .
with some dogs you just look at them —
just a little look is enough — and their tail goes . . .
“Life is good! Life is good!”
And they are not telling themselves a story of why life is good.

It's a direct realization.



The human says, "I love myself," or, "I hate myself."
The dog says, "Woof, woof," which, translated, means

I am myself.

I call that integrity — being one with yourself.



The dog has no self-image, good or bad,
so he has no need to play roles,
nor does he love himself or hate himself.

He has no self!

How to live free of the burden of self —
what a great spiritual teaching.

EAT.



WALK.



PLAY.



NAP.



I'M
A
SIMPLE
DOG.



"The key to transformation is to
make friends with this moment.

What form it takes doesn't matter.
Say yes to it. Allow it. Be with it."

Oh, that was the dog's teaching.
I'm just translating it into words.







Allow your dog to

take you for a walk every day.

It's good for the body and

it's good for the soul.



Dogs emanate a goodness that people respond to.
One of the joys of walking your dog is that often people
come up to you and immediately **their hearts open.**
They are not interested in you, of course.
They want to pat your dog.



Dogs offer the **precious opportunity**,
even to people who are trapped in their egos,
of loving and being loved unconditionally.



They have been with humans for thousands of years, and now
there is a link between dogs and humans,
much closer than it has ever been.



So part of **their divine purpose is to help us.**
But it always goes both ways. Because by living with humans,
dogs also grow in consciousness; it is reciprocal.



Because dogs and cats still live in the original
state of connectedness with Being, they can
help us regain it. When we do so, however,
**that original state deepens
and turns into awareness.**





We don't fall below thinking,
we rise above it.



Nature will teach you to be still,
if you don't impose on it a stream of thoughts.

A very deep meeting takes place when
you perceive nature in that way, without naming things.

SITTING QUIETLY, DOING NOTHING,



SPRING COMES,



AND THE GRASS GROWS BY ITSELF.

— Zen Proverb



When you don't cover up the world with words and labels,
a sense of the miraculous returns to your life that was lost
a long time ago when humanity, instead of using thought,
became possessed by thought.

A depth returns to your life.

Things regain their newness,
their freshness.



What is it that so many people
find enchanting in animals?
Their essence — **their Being** — is not
covered up by the mind, as it is in most humans.

And whenever you feel that essence in another,
you also feel it in yourself.



Every being is a spark of the Divine

or God. Look into the eyes of the dog
and sense that innermost core.



When you are present,
you can sense the spirit,
the one consciousness,
in every creature and
love it as yourself.



Love is a deep empathy
with the other's "Beingness."

**You recognize yourself,
your essence, in the other.**

And so you can no longer inflict
suffering on the other.



You are not separate from the whole.
You are one with the sun, the earth, the air.
You don't have a life.

You are life.



The one life, the one consciousness,
takes on the form of a man or woman,
a blade of grass, a dog,
a planet, a sun, a galaxy. . . .

This is the play of forms,

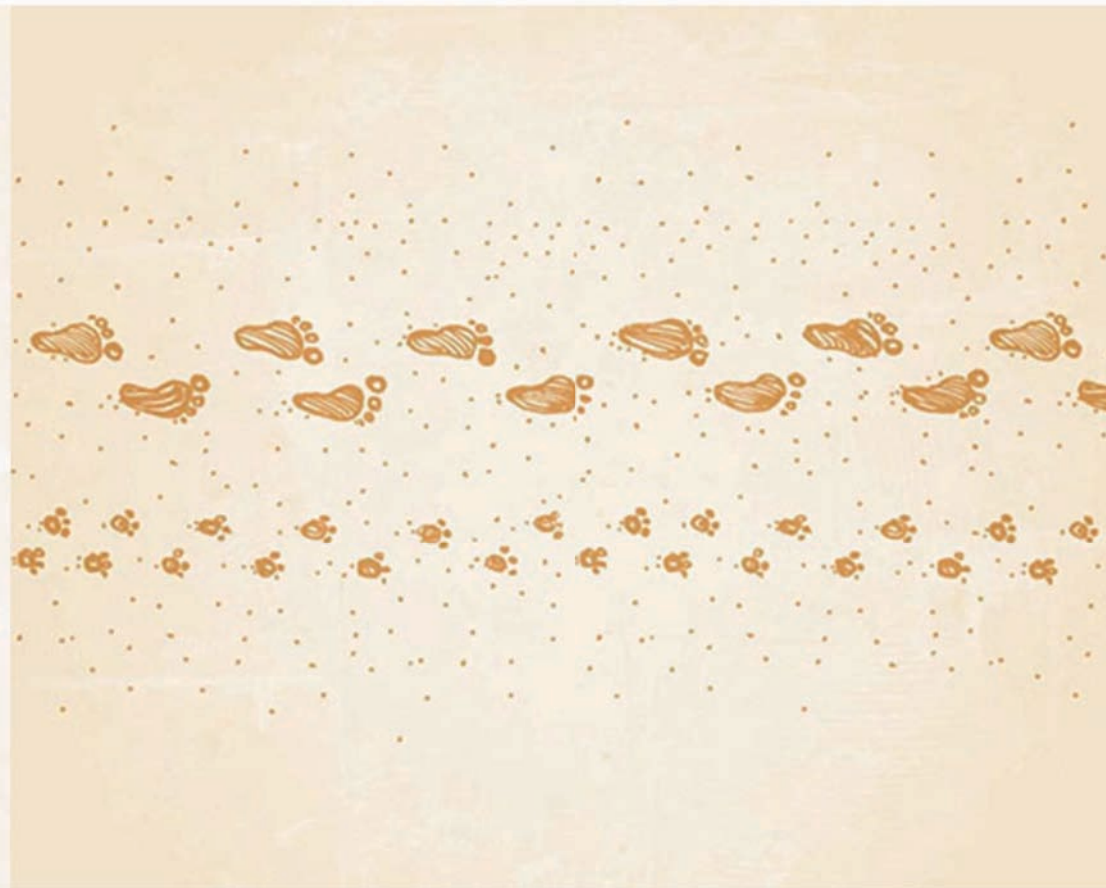
the dance of life.

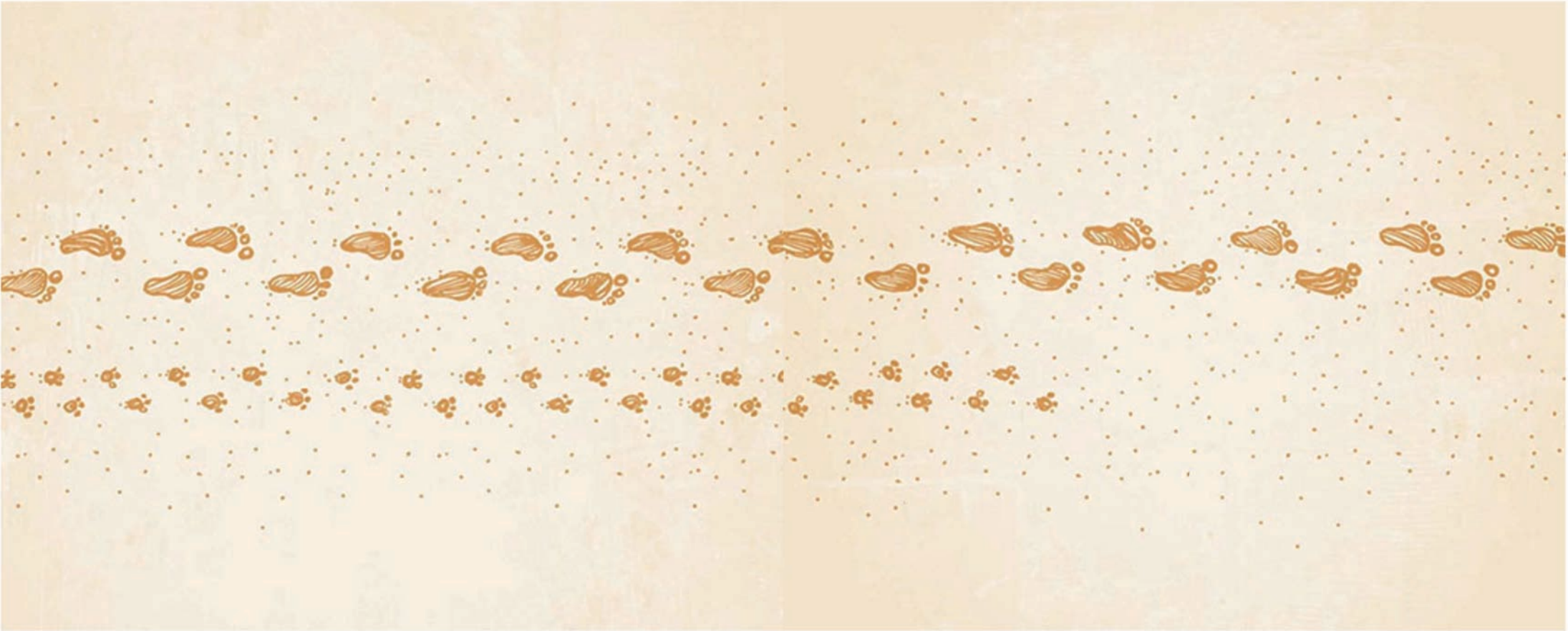


We are ultimately not separate, not from one another nor from any living thing — the flower, the tree, the cat, the dog.

You can sense yourself in them,
the essence of who you are. You could say God.

There is a term, a Christian term which is beautiful . . .







loving the Creator in the creature.

ECKHART TOLLE

Spiritual teacher and author Eckhart Tolle was born in Germany and educated at the Universities of London and Cambridge. When he was twenty-nine, a profound inner transformation radically changed the course of his life. He devoted the next few years to understanding, integrating, and deepening that transformation, which marked the beginning of an intense inward journey. Later, he began to work in London with individuals and small groups as a counselor and spiritual teacher. Since 1995 he has lived in Vancouver, Canada.

Eckhart is the author of the #1 New York Times bestseller *The Power of Now* (translated into thirty-three languages) and the highly acclaimed follow-up, *A New Earth*, which are widely regarded as two of the most influential spiritual books of our time. Eckhart's other works include *Stillness Speaks*, a book designed for meditative reading, and *Practicing the Power of Now*, which consists of selections from *The Power of Now*.

Eckhart's profound yet simple teachings have already helped countless people throughout the world find inner peace and greater fulfillment in their lives. At the core of the teachings lies the transformation of consciousness, a spiritual awakening that he sees as the next step in human evolution. An essential aspect of this awakening consists in transcending our ego-based state of consciousness. This is a prerequisite not only for personal happiness but also for ending the violent conflict endemic on our planet.

Eckhart is a sought-after public speaker who teaches and travels extensively throughout the world. Many of his talks, intensives, and retreats are published on CD and DVD. Most of the teachings are given in English, but occasionally Eckhart also gives talks in German and Spanish.

WWW.ECKHARTTOLLE.COM

PATRICK McDONNELL

Patrick McDonnell's *MUTTS* is a combination of his love of animals and his love of the art of the comic strip. Created in 1994, *MUTTS* now appears in over 700 newspapers around the world and on the web at muttscomics.com. Peanuts creator Charles M. Schulz called *MUTTS* "one of the best comic strips of all time." Patrick has received numerous awards for his art and animal advocacy. He has over 20 books in print including the New York Times bestsellers *The Gift of Nothing* and *Hug Time*.

Patrick is a member of the national boards of directors for both the Humane Society of the United States and the Fund for Animals. He lives in New Jersey with his wife, Karen; the formerly feral feline *McMow*; the still feral *Not Ootie*; and a new best friend, *Amele*.

WWW.MUTTSCOMICS.COM

ALSO BY ECKHART TOLLE

A New Earth
The Power of Now
Practicing the Power of Now
Oneness with All Life
Stillness Speaks
Eckhart Tolle's Fndhorn Retreat

ALSO BY PATRICK McDONNELL

Children's books including
The Gift of Nothing and Wag!

MUTTS comic strip collections including
MUTTS Shelter Stories: Love, Guaranteed,
and The Best of MUTTS

MUTTS: The Comic Art of Patrick McDonnell



NEW WORLD LIBRARY is dedicated to publishing books and other media that inspire and challenge us to improve the quality of our lives and the world. We are a socially and environmentally aware company, and we strive to embody the ideals presented in our publications.

We recognize that we have an ethical responsibility to our customers, our staff members, and our planet.

We serve our customers by creating the finest publications possible on personal growth, creativity, spirituality, wellness, and other areas of emerging importance. We serve New World Library employees with generous benefits, significant profit sharing, and constant encouragement to pursue their most expansive dreams.

As a member of the Green Press Initiative, we print an increasing number of books with soy-based ink on 100 percent postconsumer-waste recycled paper. Also, we power our offices with solar energy and contribute to nonprofit organizations working to make the world a better place for us all.

Our products are available
in bookstores everywhere.

For our catalog, please contact:

New World Library
14 Pamaron Way
Novato, California 94949
Phone: 415-884-2100 or 800-972-6657

Catalog requests: Ext. 50

Orders: Ext. 52

Fax: 415-884-2199

Email: escott@newworldlibrary.com

To subscribe to our electronic newsletter, visit
www.newworldlibrary.com

ECKHART TOLLE TV

At this time of accelerating transformation, in response to what he calls "the evolutionary impulse," Eckhart Tolle will be teaching in a pioneering new format: monthly webcasts designed to catalyze spiritual awakening, foster community, and provide clarity, guidance, and support. Now you have the opportunity to join people across the globe to experience Eckhart's life-changing teachings.

As a member of Eckhart Tolle TV, you'll have the opportunity to submit questions to Eckhart, participate in live recordings, view monthly talks by Eckhart, receive weekly Present Moment Reminders, join online group meditations, and more.

To start watching or to learn more, please visit
WWW.ECKHARTTOLLE.COM



The work of Eckhart Teachings responds to the urgent need of our times:
the transformation of consciousness and the arising of a more enlightened humanity.
We organize Eckhart Tolle's talks, intensives, and retreats throughout the world. We also
record, license, publish, and distribute CDs and DVDs of his teaching events. In addition
to supporting Eckhart Tolle and the dissemination of his teaching, we are committed and
dedicated to serving the new consciousness and the awakening of all humans on the
planet. Behind the external form of what we do, and behind the business structure,
lies the company's and our true purpose: the union with the divine.

WWW.ECKHARTTOLLE.COM



